



La Gazzetta

Newsletter of Rochdale CTC & the East Lancs Road Club



No.1 July 2013

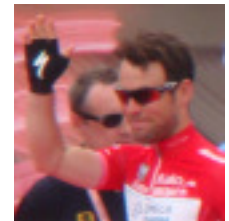
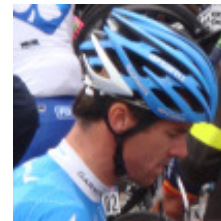
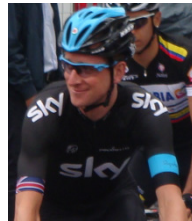
WELCOME

Welcome to the first edition of the East Lancs Road Club Newsletter. The club's membership is expanding rapidly and we welcome new members of all ages. Our introductory rides take place on the first Saturday of every month. Feel free to come along and invite your friends and relatives.

CLUB TT RESULTS

The club time trial took place over course J1/2 on the 21st April. The overall winner was Mark Turnbull of Leigh Premier R.C. Well done to everyone who took part. Congratulations to Ben Tripper and Harrison Groome from the club who won their respective categories. Special thanks to the ladies in the kitchen for their fantastic refreshments.

GIRO D'ITALIA



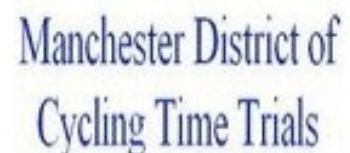
George and Jon went to Italy to see the Giro d'Italia in Sorrento. It was a tricky assignment but nothing is too much effort for the club newsletter! The town had been turned pink for the day and everything stopped for the Giro. The racing was inspiring especially as Britain was so well represented. Bradley Wiggins and Mark Cavendish were particularly popular with the large crowd. The peloton made three laps of the town at a blistering pace before heading south, down the coast. From left to right above, Bradley Wiggins, David Millar and Mark Cavendish. Even the non cyclists, Heather and Greg, were carried away with the excitement!

100 MILE RELIABILITY RIDE



Dazzling summer weather greeted a fantastic turnout of 15 club members for the 100 mile reliability ride. Leaving the Leisure Centre at 8am, the challenge was to arrive back by 5pm. A fast initial stint of 30 miles set us in good stead. After the lunch stop in Waddington and feeling refreshed we were able to enjoy spectacular countryside.

Toward the end, just as it was most needed a tail wind swept us back home





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COACHING

Pete Kliszc and Andy Regan are working with British Cycling toward their Level 1 and 2 coaching certificate. This will further enhance the Thursday training sessions, allowing everybody particularly the younger members to get the most out of their cycling.

The East Lancs Road Club is proud to be supported by the "Heywood, Middleton and Rochdale Clinical Commissioning Group Social Investment Fund".

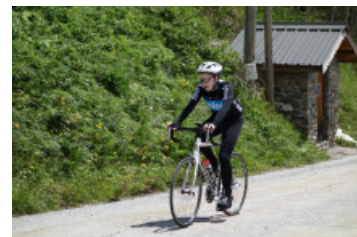
LADIES GROUP

Our ladies group membership is growing strongly and we would like to welcome all our new members.

within the time limit. Congratulations to everyone who took part especially the younger members, Ben, Tommy, Alex W, Alex T and George.



SPRING TOUR TO THE ALPS



Alex Wiseman on the Alpe

A number of Club members realised a dream in June and visited the French Alps to enjoy a week's holiday cycling up some of the most famous climbs used in the Tour de France cycle race. The Group travelled on the overnight ferry from Hull to Zeebrugge in Belgium and then drove to their camp site at Le Bourg-d'Oisans in the Ecrins National Park, which was the base for the daily expeditions into the surrounding mountains.

On the first day the camp site manager recommended an "easy" start to our cycling, which resulted in us climbing the Col d'Ornon. This is a 2nd Category climb in this year's Tour de France and it climbed a height of 650m over a distance of 14km at an average gradient of 10%. This introduction to Alpine climbs took over an hour to climb and took us up near the snow line!!

The descent was fantastic and just a little hair raising on some of the hairpin bends with massive drops just the other side of the crash barriers.



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MEMBERSHIP

For membership information contact Dave Trippier.

Telephone **07785 915446**

Mail davet@rochdalectc.org.uk

Web

<http://www.rochdalectc.org.uk/contact.html>

CLUB KIT

A stock of club kit will be available from stock shortly. Please contact Dave Trippier for details.

On the next day we decided to climb the most famous climb of all, which is the 21 hairpin ascent up to the ski station at Alpe-d'Huez. This climb has a steady stream of cyclists climbing it all day every day due to its association with the Tour de France, and the day we rode up it was no exception.

The 21 hairpin bends come at a steady rate throughout the whole climb, which took about 1 hour and 20 minutes to complete. The climb is 1,100 metres in height over a distance of 15km and a gradient of 14%. It's a monster climb but the views, sense of achievement, and the exhilarating feeling you have on reaching the summit is unbelievable and well worth the effort.

Two more days of cycling involved visiting the picturesque village of Venosc and another strenuous day in the saddle up to the alpine village of Villers Reculas, which has spectacular views over the valley below.

On the last day, the group decided to tackle the monster climb of le Col de la Croix de Fer, yet another famous Tour climb. This climb is 1,550m in height, 12% gradient and a massive 30km long.

After 2 hours climbing the group reached the dam and reservoir 10kms from the summit, but were forced to come back down due to deteriorating weather conditions, and this col remains to be climbed and conquered next year.

On the whole this was a great cycling holiday and is likely to be repeated next year when it is planned to ride the climb up Mont Ventoux, as well as revisiting the many famous cols around Le Bourg-d'Oisans. Book next year's holiday quickly if you want to join in.



The Happy Climbers at the Tour de France Finish

RESULTS



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COMING UP...

29th June - 21st July - Tour de France
14th July - Club Run to Dunham Massey
14th July - Manchester to Blackpool
Charity Ride
21st July - Club Run to Tockholes
28th July - Club Run to Barrowford
4th August - Car Assisted to Lake District
8th August - Club Track Night at the
Velodrome

For more details of club runs
check the website

[http://www.rochdalectc.org.uk/
club-runs-programme.html](http://www.rochdalectc.org.uk/club-runs-programme.html)

If there is anything that you
would like to appear in a future
newsletter just contact Jon by
email at
jonathan.c.preston@gmail.com.

10 Mile Time Trial Times

A time of 24m 07s on course D10/1 makes Ian Grime our fastest 10 mile time trial rider this year. On the same course Ben Trippier posted a time of 26m 30s making him the fastest Juvenile whilst his dad Dave became the fastest club V50 rider at 25m 52s.

Alex Trippier became our fastest Junior with a time of 26m 30s over course J2/1 whilst Sam Wilsons time of 28m 34s at the club event makes him the fastest Senior with Gavin Hegarty close behind at 29m 02s.

Tommy Ireland and Alex Wiseman recorded times of 26m 15s and 30m 02s respectively over course D10/1 on the 29th June. Harrison Groome and George Preston made times of 31m 20s and 32m 27s for their first time at the club event.

Andrew Gorton recorded a time of 24m 27s over course J2/1 on the 5th April and Gary Lake 27m 57s. Dave Ireland 24m 49s on D10/1 on the 29th June, Andy Regan 27m 22s at the same event.

25 Mile Time Trial Times

The Janus RC event over course J2/9 produced our fastest riders of the year so far. Andy Gorton came in with a time of 1h 02m 04s in the V40 category and Gary Lake at 1h 08m 40s in the V50 category.

Two Up 25 Mile Time Trials

There have been two events attended by club members. At Wills Wheels 2 Up on the 26th June three pairs competed posting the following times.

Ian Grime & Andy Gorton	1h 00m 31s
Ben Trippier & Alex Trippier	1h 06m 51s
Dave Ireland & Tommy Ireland	1h 09m 33s

At the Nova CC Cup on the 2nd March David Ireland and Ian Grime recorded a time of 1h 07m 46s.

Congratulations to everybody on their times!



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